

The Main Ingredient

MALABAR

A Bi-Monthly Newsletter from Malabar Super Spice Co. Ltd. May/June 2010

CHECK OUT
OUR WEBSITE!

MALABAR's full catalogue is available online.

malabarspices.com

Upcoming Events

July 17 – 20, 2010

IFT 10 Annual Meeting and Food Expo & 2010 Process Expo

Hosted by the Institute
of Food Technologists
Chicago, Illinois

www.am-fe.ift.org
www.myprocessexpo.com

August 1 – 4, 2010

97th IAFP Annual Meeting

International Association for
Food Protection
Anaheim, California

www.foodprotection.org

Sept 18th, 2010

Niagara Eggfest – “The Original Canadian Eggfest”

Hernder Estate Wines
St. Catharines, Ontario

www.nieggara.com

Malabar is an official sponsor of the
Niagara Eggfest. See us at the show, or
visit our website to find out more!



In The News

According to a recent study by Statistics Canada, Canadians consumed a record amount of fresh fruits and vegetables last year.

Red meat consumption declined to 23.4 kilograms per person in 2009, compared to a high of nearly 32 kilograms in 1981, while consumption of fish also rose.

Overall the number of calories Canadians consumed daily dropped to about 2,358 last year, compared to 2,363 in 2008.

Source: Statistics Canada

We have just returned from IFFA 2010 (May 8-16) in Frankfurt, Germany. IFFA remains the most important meat processing exhibition in the world, and is presented every 3 years. We were pleased to meet many of you in the RAPS booth at the show! Throughout the show, equipment, ingredients, seasonings, packaging (tray packs and sausage casings) were all on display with seven halls filled with innovations and solutions.

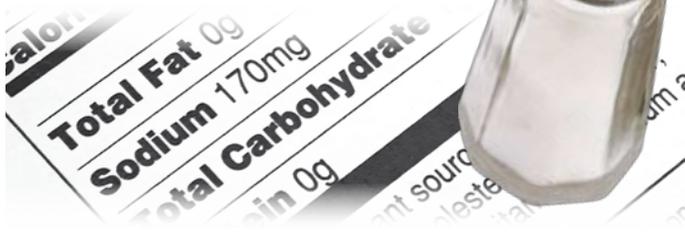
IFFA was a reminder that the meat processing industry is constantly changing and facing new challenges. A processor's day-to-day operational issues are shared across the world: fresh meat distribution, marination, shelf life and food safety demands, tracking options and process automation among them. These priorities were reflected throughout the exhibitions at IFFA, and to give you a sense of being there we thought we'd share some of the highlights:

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FROM THE LAB

The Basics of Salt

In October 2007, Health Canada established the Sodium Working Group with a mandate to provide a strategy for reducing the sodium intake of Canadians. Sodium however, is very hard to replace as its characteristic salty flavour, combined with numerous functional benefits are very important to meat processors, and consumers too.



Sodium occurs naturally in many foods and is also added in the form of sodium chloride (table salt) or other sodium-containing substances (e.g. sodium phosphate). Salt is a generic term for compounds formed of ions, including sodium, potassium and chloride. Sodium is needed in the body to regulate fluids and blood pressure, and to keep muscles and nerves running smoothly. Salt contains approximately 40% sodium, and a teaspoon of salt, which weighs about 5 grams, contains about 2 grams of sodium. Rock salt and sea salt are almost entirely sodium chloride, with only

traces of other minerals. Up to half of our salt intake is from processed food, with the balance added by the consumer, or occurring naturally in food and water.

Role of Salt in Processed Meat Products

Processors need salt to flavour foods, to preserve them, and to help bind them together. Salt was one of the first ingredients used in meat processing, creating stores of food to be set aside for harsher weather or leaner times – salted, dried meat. Today salt is used to regulate and lower water activity. Water activity is a measure of the amount of free water available to microbes. Lowering water activity limits microbial growth, which is particularly important for dealing with pathogens like *Listeria monocytogenes*, *Clostridium botulinum*, *Salmonella* and *Escherichia coli*.

Salt is an effective binding agent, binding meat proteins as well as meat and fat together. Salt also increases the binding capacity of water during cooking, improving yields, texture and tenderness, and making foods more appealing and palatable.

Understanding The Salt Flavour

It is the cation portion of the salt (the sodium in NaCl, for example) that give the salty perception, and the smaller the cation, the more readily available to the taste buds it is, so the saltier the taste! As sodium is the smallest cation, its salty flavour is difficult to replicate.

Salt Replacers

Commercial low-sodium salt replacers are currently available. Added sulphates and amino acid blends may be used but all ingredients must be added to the ingredient declaration and may not be allowed for use in all food categories. Flavour enhancers such as yeast extracts, nucleotides and monosodium glutamate can be considered to improve the taste of lower sodium products, but again they add to the ingredient declaration and glutamates are not a popular consumer choice in Canada.

Potassium chloride has a very similar “molecular weight” to sodium chloride and will give the next-best salty perception. Unmodified potassium chloride can also add a bitter or metallic note that can be less than appealing and masking agents need to be added. Nu-Tek

Products, Inc. (Minnetonka, MN) has developed a unique modified potassium chloride salt, the result of 5 years of research. This modified form of potassium chloride takes on a very small crystalline structure resulting in a very salty perception, without the bitterness and with functionality comparable to table salt.

An increase in potassium intake seems to offset the adverse effect that sodium has on blood pressure. In fact, many fruits and vegetables also contain significant amounts of potassium and also low levels of sodium.

*Our technical team at Malabar has been testing sodium alternatives over the past year, and have had very favourable results using the Nu-Tek ingredient, and we are now proud to be the exclusive Canadian distributor for this **Low-So Salt Replacer™**.*



The information provided is accurate and reliable to the best of our knowledge, but is offered solely for consideration, without warranty or guarantee.

Did You Know?

Did you know that CFIA audits require confirmation that specifications and nutritional information are on file for all raw materials, including spices & ingredients?

This also applies to finished meat products made at each processing facility.

Malabar provides nutritional information with all of our spices, blends, ingredients & casings, and can provide nutritional analysis & labeling services for your finished meat products.

Call us for details at 1-866-456-6252 or send an email to lab@malabarsuperspice.com.

Equipment

IT Technology is being engineered into many of the traditional types of processing equipment, including injectors. Schroder Maschinenbau KG (Werther, Germany) has 40 years of experience in injection technology and is recognized as a pioneer in injection automation. At IFFA, Schroder was very proud to demonstrate the new IMAX IT - an advanced injection system focused on measurement, control and networking. Features of the IMAX IT include:

- Injection Control System – injection areas can be split into zones which are then supplied with different brine quantities.
- Integrated Weigh System – designed with 2 weighing cells that record the weight before and after injection, and detects and reacts to any deviations.
- Data Transfer – Ethernet interface is included to allow networking!

(For more information visit www.schroeder-maschinen.de.)

Smokehouse technology also continues to evolve, including the steam vapour smoke technique that has been developed by GERMOS-Fessman GmbH & Co. KG (Remshalden, Germany). In the smoke generator, low pressure steam is heated to 380° – 420°C (715° – 790°F) and then pressed through the wood chips. The wet vapour smoke is then transferred into the smoke house and onto the meat products through condensation. There is no open flame in the generator, and can be used for all types of smoked food products. Benefits include shorter smoking cycles, uniform and stable smoke colour, and low operating costs.

(For more information visit www.germos.de.)



Aside from equipment, there were innovations in ingredients, seasonings & sausage casings that were all worth a look:

Sausage Casings

Kalle, one of the world's largest manufacturers of sausage casings, showcased some innovative new products, including:

Kalle
Tradition Δ Commitment Δ Vision

NaloNet – Combines the advantages of a fibrous casings with the attractive appearance of the honeycomb netting. Available in tied pieces and also in shirred strands.

NaloPro – A polymer casing that transfers colour, smoke or flavor in a one-step process, without weight loss. Ideal for cook-and-ship applications. Diameter range is from 70 – 150mm.

NaloFashion – sewn fibrous casings in a range of shapes for a traditional old-style appearance, with applications for all types of cooked and dry processed meat products.

(For more information, contact us here at Malabar Super Spice)



Functional Ingredients

Vegetable Proteins – This year's IFFA featured a wide range of functional vegetable proteins with great meat-binding potential. Proteins are sourced from peas, carrots, and potatoes, and also rice, apples and even bamboo fiber and all are being tested for food applications.

Rosemary Extract – Rosemary Extract continues to be the industry choice for effective control of fat rancidity to provide for extended shelf life for a range of meat products, both fresh and frozen.



Natural Meat Proteins – Natural meat proteins were also featured as functional alternatives for both pork and turkey processing. The cleaner label declaration is also in demand by meat processors making meat proteins a great alternative to soy, starches or carrageenan.

Malabar stocks many of these products, including Kalle casings, vegetable proteins, rosemary extract and natural meat proteins.

For more information, visit our website www.malabarspices.com or contact us at 1-888-456-6252.

We hope to see you at IFFA next time, in 2013!



Low Sodium Blends for the Summer!



We have developed 3 new fresh sausage blends, replacing 50% of the salt (NaCl) with **Low-So Salt Replacer™**, for delicious products with half the sodium!

Low-So Honey Garlic Sausage Seasoning

MALHGLS-200

Fresh sausage seasoning with natural honey sweetness and pungent garlic contributing only 380 mg sodium per 100 g raw sausage.

Low-So Tomato Basil Sausage Seasoning

MALSDT-601

Large pieces of sundried tomato and fragrant basil season this fresh sausage blend with only 360 mg of sodium per 100g raw sausage.

Low-So Mild Italian Sausage Seasoning

MALMILS-303

A traditional fresh Italian sausage seasoning with black pepper, garlic, a touch of sweetness and whole fennel seeds. This blend contributes only 340 mg sodium per 100 g raw sausage.

Flavour, colour, texture and shelf life are comparable to sausages made entirely with sodium chloride.

To Order a Sample of any of the above or if you have a new flavour you'd like to try, contact us at **1-888-456-6252**, or email lab@malabarspices.com



OUR PRESIDENT'S Message

Over the past year clouds of doom and gloom have shadowed many Canadian meat processors focused on issues of food safety, and recall management. In contrast, my visit to IFFA this year was very exciting and refreshing. I have been attending IFFA for the past 20 years, and this year there was an air of excitement due to the strong focus on processing innovations – for equipment, ingredients and packaging. In the spotlight this year were natural ingredients, including functional vegetable and meat proteins, fibrous casings with an old world appearance, and equipment that expands on output with accuracy and speed.

This IFFA exhibition in Frankfurt Germany was spread over seven large halls. (Walking shoes are a must!) Premium quality meat products, from dry cured ham to liversausage were sampled, along with the customary glass of beer! I returned home with many new ideas, new products and new applications which are now being tested by our technical team to confirm their benefits as well as to investigate their status within CFIA regulations.

We look forward to featuring many of these new products in upcoming newsletters, (and I am looking forward to the next IFFA in May 2013 already!).

Sincerely,

Doris Valade

President

Malabar Super Spice Co. Ltd.

Currently Under Development!

Low-So Sure Cure™

We're happy to announce that our standard Malabar Sure Cure will have a low-sodium cousin! Formulated with sodium chloride, sodium nitrate and Low-So Salt Replacer™, **Low-So Sure Cure™** will allow you to produce cured products with 50% less sodium.

Low-So Sea Salt™

Sea Salt blended with **Low-So Salt Replacer™** to provide a low-sodium combination with natural sea salt.

For more information, call 1-888-456-6252, or email lab@malabarspices.com.



For more information on any of the subjects covered in Malabar's newsletter, or to suggest topics you'd like to see covered in future editions, please contact Sara Alexander at marketing@malabarspices.com.
Look for our next edition in Sept/Oct 2010.

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Malabar is certified to provide both Kosher and Halal products, and is proud to be HACCP accredited.



Malabar takes your privacy very seriously, and we do everything in our power to safeguard it. We NEVER rent, sell, lend or otherwise circulate our mailing lists or other contact information to anyone outside of Malabar.